

**How to
Improve
Your Love
Life with the
Power of
Feng Shui**

FENG shui (say "fung shway") is the art of creating a home environment that supports the life you wish to live. A key element of feng shui is creating a smooth flow of chi (positive energy) through your space. Chi likes to move through your home as though it were a gentle breeze or a meandering stream. Where it is blocked, the energy becomes stagnant--like a pond choked with algae and fallen leaves. You are likely to feel blocked in life, and your energy and enthusiasm for matters of the heart will be low. Balancing and correcting the chi of your bedroom helps encourage and invigorate romance. Here are some quick and easy ways to improve your love life by improving the energy of your home:

1. Clean up your bedroom

When your bedroom is cluttered and untidy, the energy in there will be low and slow. Clutter is a sure sign that chi is stuck, so roll up your sleeves and clean the place up if you want to jump-start your love life. Ring a bell, shake a rattle, or clap your hands loudly around the room to clear out old, stale energy.

2. Make room for love

If you want to attract a new romantic partner--or move a casual relationship closer to commitment--make sure there is space for that person in your home. Look at your closets, shelves, and dressers, especially in the bedroom; if they are all filled to capacity with your own stuff, make clearing some room for your current or future partner a priority. Aim to free up 25% of the space in your bedroom for someone else's things. When you are done, take a moment to visualize your loved one's belongings finding a home there.

3. Don't work out in the bedroom

When you exercise in the bedroom, or store your sports equipment there, you bring the energy of hard work and exertion into your romance space. Do you want your relationship to feel like a tough workout? If not, move your workout stuff somewhere else; your relationship is likely to move along more smoothly.

4. Remove old relationship energy

Go through your home--especially your bedroom--and remove anything that reminds you of past failed relationships; this could be an ex-boyfriend's old sweater you find in the closet, photographs of you with a previous partner, a gift that reminds you (unfavorably) of a giver with whom you are no longer in love--anything that reminds you of a love that went bad. No matter how incurable a romantic you may be, do NOT keep old love letters anywhere in your bedroom unless they are from someone with whom you are still blissfully paired up.

5. Remove inappropriate imagery

The images with which you surround yourself can have a powerful effect on your love life. Feng shui clients who complain of difficulty finding romance often have surrounded themselves with images of a person alone.

Inappropriate imagery includes anything that represents solitude, loneliness, aggression, hard work, conflict, or disagreement in any way. That old photo of your Dad when he was in the army may be a treasure, but the wartime energy it carries doesn't have any place in the bedroom; find another place to keep it.

6. Open the door to love

Make sure both the front door of your home and the door to your bedroom open easily and completely. Doors that stick, squeak, or that only open partway because of all the stuff stored behind them are blocking the flow of romantic energy and opportunity into your home. A loose doorknob on your bedroom door could mean you're having a hard time "getting a handle on" romance; get out your screwdriver and tighten it up.

7. Create a path for chi

Walk slowly from your front door to your bedroom, pretending that you are a gentle river of chi. Look for any areas where furniture or other belongings are stopping or slowing the flow of chi, or where chi is diverted away from the bedroom to other areas of the house. Clear a path so fresh chi can find its way to your bedroom and nourish your love life. Make sure all the lights along this route are working, replace any burned-out bulbs, and be alert for dark or dingy corners where you can increase the energy by adding more light.

8. Move your bed

If one side of your bed is against the wall, the person who sleeps on that side may feel confined or disempowered in the relationship. If possible, place the bed so there is equal space on either side, so you and your partner can find equal enjoyment in the relationship. The ideal position of the bed will be on the opposite side of the room from the door, but not directly in line with it. If you can't see the bedroom door from the bed, hang a mirror where it will provide a reflected view of the entry.

9. Bring romance chi into the bedroom

Be sure to place romantic imagery in these two key places in the bedroom: the wall opposite the foot of the bed (where you naturally look when lying in bed), and whatever area of the room you first see when you enter. Beautiful, romantic artwork is always good, as are fresh or silk flowers and anything in pairs (such as birds, cherubs, candles, or decorative pillows). A round mirror is also good for the bedroom, as the shape signifies completion and unity. Look around your home for whatever says "romance" to you, and find a good spot for it in your bedroom.

10. Clarify your intention

Make a collage of images that symbolize your perfect relationship, and place it where you will see it every day.

If you are already in a relationship, invite your partner to make a collage with you, to represent your intention to build a joyful and loving future together.

Here is how to optimize the placement of your bed.

Feng Shui Bedroom

In the practice of Feng shui, the location of the kitchen, the position of the stove within the kitchen and the orientation of the stove contributes to the overall Feng Shui quality of the house.

The same applies to the bedroom. Selecting the right bedroom, placing and orientation the bed correctly also contributes to the overall Feng Shui qualities of the house. Unlike the kitchen which is normally limited to one each household, we usually have a choice of bedrooms. There are formulas to

ascertain the most suitable bedroom for each member of the family. These formulas requires a fair bit of explanation and I will not cover it in this article. Instead I will focus on the placement and orientation of the bed within bedroom.

It is good practice to place the head of the bed against a wall for support. If you must, you can also place the bed-head against a window but be sure to have a thick curtain to simulate support. Another rule is the head of the bed should not be place against the wall that house the toilet.

But which wall should I place the bed against?

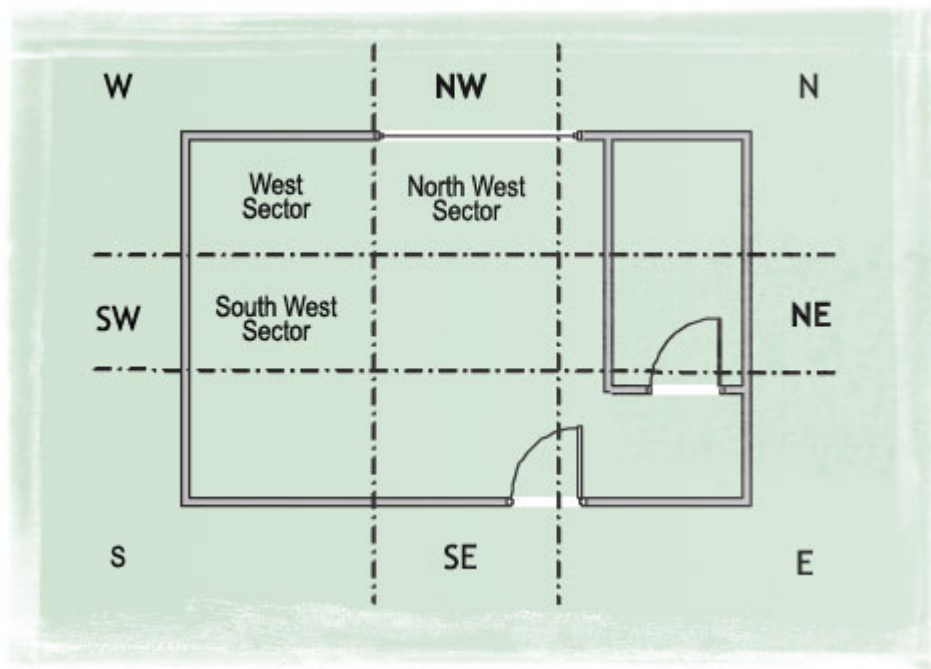
In my practice, I use of combination of Flying Star and Eight Mansions to select the best position and orientation of the bed. The Flying Star method requires a fair bit of

explanation and can be quite complicating. So in the article, I will share with you the Eight Mansion method which is much easier to understand and apply.

I will illustrate with an example.

Let's suppose that you are a West Group person of Kua 8. Your auspicious direction and sectors are SW, NW, W and NE.

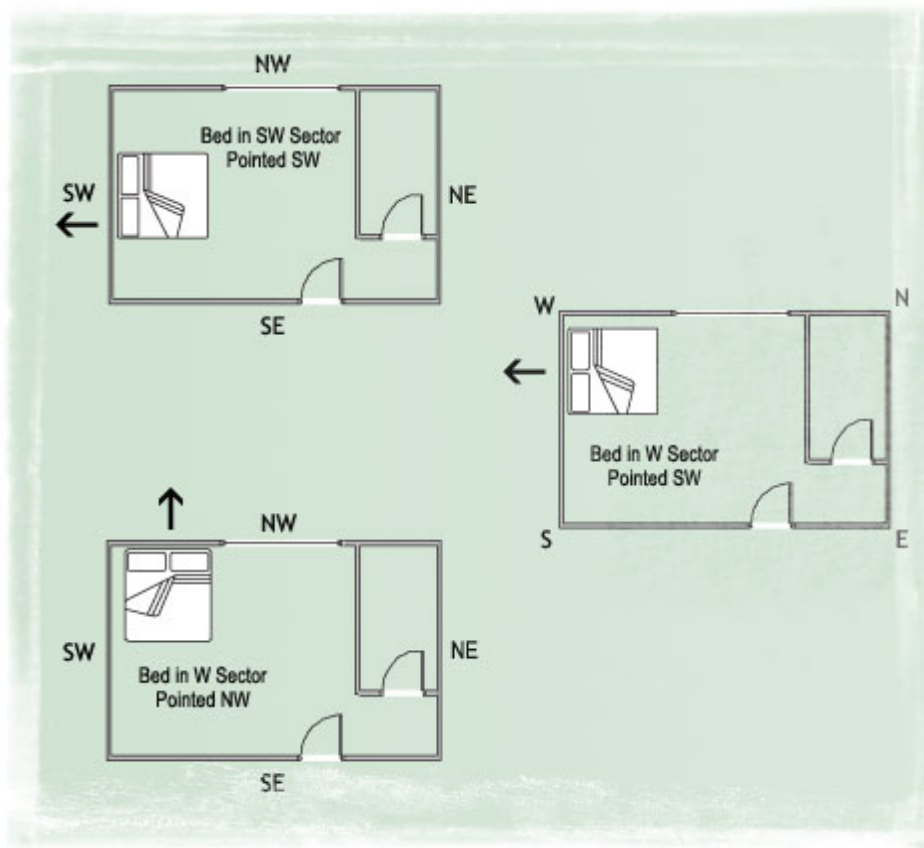
The diagram below shows a bedroom which has the windows at the SW, door at SE and the toilet in the N and NE sector of the room. Based on the Eight Mansions formula, you should place the bed in the auspicious sectors of NW, SW, NE and W as well as orientate it towards the auspicious directions of NW, SW, NE and W.



More Bedroom Secrets

While NE is an auspicious sector, you cannot use it because it is occupied by the toilet. That leaves you with the SW, W and NW sectors. The NW sector is also not ideal as the window is located there. The only options left are

- 1) Bed in the SW sector with the head of the bed pointing SW
- 2) Bed in the W sector with the head of the bed pointing SW
- 3) Bed in the W sector with the head of the bed pointing NW



Getting the hang of bed placements?

After you have become familiar with the basics of feng shui, think about how the practice can improve every room in your house. Here are some tips for improving the flow of energy in your bedroom:

Use the bagua combined with your home's layout to see what area of your life is affected by conditions in your bedroom.

Try to avoid placing your bedroom over a garage. Negative energy from the noxious fumes below can contaminate your sleeping area. If you must sleep above a parking area, place a small piece of red fabric on the floor under the bed (or under the mattress). The "fire element" represented by the red will counteract the metal below.

Do not, however, use too much red in decorating your bedroom. Because it is a color associated with fire, red stimulates

the mind. Choose cool, calm colors (blues and greens) to help you relax.

Place 3 small green plants on the eastern side of the room to ensure good health. Do not use dried plants or flowers.

Don't position the bed directly across from the door so that the feet are in line with the door when you are sleeping. That is the position of death. Keep the head of the bed on a wall opposite the door, but make sure the body isn't aligned with the door opening.

If you have mirrors in the room, do not position them so the body reflects in the mirror while you sleep. If there's no other way that the bed will fit, use a sheet or blanket to cover the mirror at night so negative energy flow will be blocked.

Avoid sharp angles, geometric shapes and protruding corners, all of which block

the flow of chi. If you must have a sharp, protruding angle or edge in the room, block it with a green plant.

Close the door to any bathroom that is adjacent to a bedroom. Hard surfaces, mirrors and cold tiles impede the flow of chi.

Remove electronic equipment from the bedroom. It generates negative energy that interferes with the flow of your chi. If the TV must stay in the bedroom, cover it at night.

BEDROOM FENG SHUI

I Ching Perspective



From I CHING FENG SHUI perspective, bedroom is categorized as **Inactive Quadrant** where the life force

energy is calmer, quieter and relaxed.

Ideally, a master bedroom should not over garage, kitchen or toilet. Furthermore, the master bedroom should be located away from living room and main entrance.

Bed is the most important element for the master bedroom. In Malaysia, space of bedroom is always a premium. This has caused possible combinations of positioning the bed are limited. However, there are

certain feng shui requirements to be fulfilled in order to achieve harmonious living.

All bed should have headboard to enhance support. You are highly advised to have the



headboard with solid structure or totally covered with fabric; and avoid those headboard with hollow

or open structure. The bed must be positioned against a wall. Do not put the bed in the centre of the master bedroom as this positioning would create “floating” energy and cause instability. Do not positioning your bed at an angle to the wall; as this orientation would create unbalance chi circulation and cause instability. However

sleeping directly next to a toilet wall is not auspicious.

Try to avoid putting the bed under the window or air-con. The constant flow of air does not contribute much to the good health of the occupants. This theory also applies to the bed position directly in front of the bedroom door since energy flows into the room through the door. Do not sleep with your feet pointing straight at your bedroom or bathroom door.

Do not sleep under a beam or sloping ceiling. This is due to negative energy created from the chi movement through uneven structure of the ceiling. Avoid sharp corners of the wall, geometric shapes and protruding corners as these are considered as Poison Arrow (negative energy). If the space is limited and the bed has to confront with Poison Arrow, you can block these with console table or stand lamp.

In feng shui, mirror is being used as the tools to divert or absorb energy to encounter negative feng shui. Therefore, mirror should not be facing the bed. Otherwise, the mirror would absorb life force of the occupant and this is harmful to health and restlessness. Most importantly, mirror facing the bed would cause family disharmony.

As the modern design, the master bedroom always is having an attached bathroom. This is for modern convenience. The ideal feng shui bathroom and WC is outside the room but this is unacceptable in the modern lifestyle. As an adaptation, the bathroom door must always close.

Avoid hanging pictures with disturbing or violent scene on your bedroom walls. The predominant color in bedroom has to be soothing so as to induce sound sleep and a

good rest. Keep bedroom clean and tidy to encourage circulation of energy and fresh air.

You are discouraged to put electronic equipment in the bedroom as this would disturb the chi movement in the bedroom.